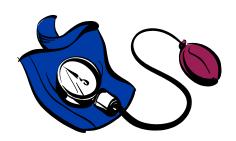
Boxed Lunch with Nurse Steve

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Thursday, July 14, Noon

Bring your friends and enjoy a delicious boxed lunch.

Nurse Steve's talk will be "What is gout? An explanation of gout and other arthritis related conditions."

Sign-up by Thursday, July 7 \$4.68 (Regular meal cost)

Urbana Senior Center

9020 Amelung Street, Frederick, MD 21704

(located on the lower level of the Urbana Regional Library)

301-600-7020 ● UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging